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Your essential daily news | TUESDAY, OCTOBER 4, 2016

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Ottawa at street-level

A METRO
SPECIAL
FOCUS



HALEY RITCHIE/METRO

**Despite a rash
of cycling and
pedestrian
collisions last
month, new data
shows our roads
may actually be
getting safer**

INSIDE

- Cycling and pedestrian collisions were way down in 2015**
- Intersections remain a problem — especially when people are turning**
- Drivers and cyclists are both breaking the rules, but one group is worse**

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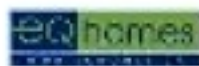
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Emma Jackson
Metro | Ottawa

The city will release its 2015 collision analysis this month, but Metro Ottawa has obtained the Ottawa police data in advance — and it's got some good news.

The raw numbers show a big drop in reported cycling and pedestrian collisions — 21 per cent and 40 per cent, respectively, over 2014 police stats.

City and police staff have refused to comment on the numbers — or even what's behind the decline — until the numbers have been crunched and released publicly.

But it's no secret cycling collisions, at least, have been on a gradual downward trend for several years.

"The absolute number of reported cyclist collisions in the city is flat, but the total population of cyclists has increased," said Alex deVries with Citizens for Safe Cycling.

He said the city's investments in more and better-segregated infrastructure — including the Laurier bike lane — have helped, as well as a growing acceptance that cyclists are here to stay.

"There's this theory of safety in numbers," deVries said. "And most people are connected to a cyclist somehow, and that sort of humanizes it."

Metro had to file a freedom-of-information request — and ultimately had to appeal to the province's information commissioner — to obtain the data from the Ottawa police.

The force wanted Metro to pay \$6,300 for the data (we refused). In March — more than seven months after we first asked for the data — the force agreed to waive the fee and release the data.

Without city or police comment, there are limits to what the raw numbers can tell us.

The city's analysis usually includes collision data from the Ontario Provincial Police (who are in charge of Highway 417) and the RCMP, which deals with the NCC's parkways, although the Ottawa police numbers capture the vast majority of cycling and pedestrian incidents.

The data could also be impacted by a change in collision reporting requirements on Sept. 1, 2015. Since then, in collisions without injuries or public property damage, drivers have only been obliged to report to police if there's an estimated \$2,000 in damage, doubled from the earlier \$1,000.

A METRO SPECIAL FOCUS

Streets safer than ever: Police

Despite the headlines, cyclists and pedestrians seem to be safer than ever on Ottawa's roads, according to raw police data obtained by Metro. The new data shows drastic drops in reported collision rates for people on bikes and on foot. But the report is also clear that key issues remain the same: intersections are conflict zones, rule-breaking abounds, and injury is borne primarily by the road's most vulnerable users.

Check out the detailed data on five key points.



ON A ROLL

While the cycling community continues to mourn Nusrat Jahan's Sept. 1 death on the Laurier bike lane, the 2015 Ottawa police collision data shows collisions between bikes and vehicles reported to the Ottawa police dropped 21 per cent in 2015 over the previous year. There were 258 collisions in 2014, and only 203 in 2015, the raw data shows. The results follow a downward trend that began in 2014 with another 21 per cent drop over a particularly bad 2013. And compared to 2012, which had 304 collisions, the collision rate is down by a full third.



BIG STEP FORWARD

On the heels of a terrible month, during which three pedestrians in a week were sent to the Civic Hospital's trauma centre, the data reveals good news for people on foot. According to the raw numbers, pedestrian collisions reported to Ottawa police dropped a whopping 40 per cent year over year in 2015, down to 225 incidents from 377 in 2014. There's some discrepancy in the data, which Metro analyzed in-house; Citizens for Safe Cycling shows 360 pedestrian collisions in 2014 based on Ottawa police data it posted on its website.



WHO'S AT FAULT?

Drivers and cyclists love to point fingers at each other for breaking the rules. In fact, the 2015 data shows both groups have their weaknesses, but generally drivers came out looking worse. In collisions where fault was identified, drivers failed to yield the right of way three times more often than cyclists last year, and were far more likely to make an improper turn. They were also nearly twice as likely to be deemed "inattentive" when the collision occurred. But cyclists involved in collisions had disobeyed traffic lights and stop signs nearly five times more than drivers in 2015.



CONFLICT ZONE

In 2015, more than two thirds of cycling and pedestrian collisions were at, or related to, an intersection, according to the data. Another 10 per cent were at or near a private driveway. "Whenever you have a lot of movement in and out, that conflicts with cyclists and that's when you're going to get the problems," said Somerset Coun. Catherine McKenney.



WEATHER — OR NOT

Cycling and pedestrian collisions can rarely be blamed on bad weather, the 2015 data shows. The vast majority of reported collisions last year happened on clear days, with good road conditions and in broad daylight, the numbers show — up to 90 per cent of the time. And more than 80 per cent of collisions took place on straightaways without any curves or hills.

How the city's new water and sewer structure will affect you



Emma Jackson
Metro | Ottawa

Changes are coming down the pipe as the city updates its rate structure to reflect the costs of running the city's water, sewer and stormwater systems.

Right now, that pipe's completely plugged: as conservation efforts have risen, revenues have plummeted — but maintenance and operational costs have stayed the same, causing a \$15-million deficit last year.

And the current system's

not very fair: those on private services don't pay for their storm water infrastructure, while the biggest water guzzlers pay the same rates as the most committed conservers. But, if council approves, that's all about to change. So how will you be affected?

WELL AND SEPTIC



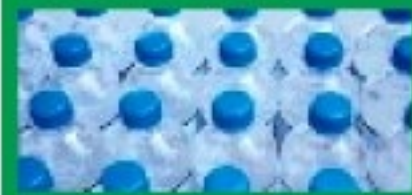
Residents on private services will start paying a stormwater fee for the first time in 2017, phased in over four years. Rural single or semi-detached homes will pay \$53 extra by 2020 — a 50 per cent discount over the full urban rate. Rural apartments or town homes will pay half that again, at \$27 a year. And for the city's 7,500 urban dwellers on private services, single homes will pay \$74.60 extra a year, and apartments and town homes will pay \$37.

URBAN DWELLERS



If you're already connected, you'll probably see the smallest change in your bill come 2018. That's when the city will introduce a fixed-base fee for water and wastewater, with consumption-based charges on top. Water and wastewater prices will be tiered, costing you more if you go overboard. But super-conservers could also see their monthly bill go up as much as \$13 because of the new flat fees. Still, staff predict most bills will go up or down about \$2.

BUSINESSES

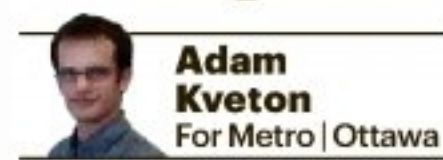


Some businesses and institutions could see a big jump in water and wastewater costs because of the new fixed water fee, which can range from \$23 a year for small businesses to \$1,051 for large establishments like malls. But these businesses can potentially save money on consumption if they're not a major water user, since the same volume-based tiered prices will apply to businesses, too.

'Stress is stress', Rwanda vet says

MENTAL HEALTH

Ex-soldier applying war zone lessons to workplaces



Adam Kveton
For Metro | Ottawa

A retired Canadian soldier is applying what he learned dealing with PTSD from the Rwandan genocide to the mental health problems of the Canadian workplace.

He's not trying to say that working in Canada is anything like those dark 100 days of killing. But retired Lt.-Col. Stéphane Grenier is saying that stress injuries happen at regular workplaces all the time, and that's where a more social solution needs to take place.

Grenier was in Ottawa for Mental Illness Awareness Week, which takes place between Oct. 2 and 8.

He spoke with Metro about his experience dealing with his own mental health and the changes he helped implement in the Canadian Forces. His interest began when he first started having mental health troubles.

Grenier had been in the military for about 10 years when he was deployed to Rwanda in 1994. He spent nine months there before finally going home. It was many months before he realized he'd come home with Post-Traumatic Stress Disorder. In hindsight, he says the illness was acting on him the moment he got home.

The first sign of it was when he saw his children.



Retired Lt.-Col. Stéphane Grenier was in Ottawa on Monday for Mental Illness Awareness Week. COURTESY ANDRE APPERLEY

"I came home and my two kids were in their pyjamas ... I sort of collapsed to my knees and took my kids and was crying," said Grenier.

You might dismiss that as normal, he said, but he recalls two surges of emotion in that moment. One was happiness to see his kids, and the other was relief that they were alive.

"I had seen so many dead children ... I was happy but at the same time it was very tormenting," he said.

Once Grenier realized he had PTSD, he found that help was available to him. It was clinical help — pills and doctors. But the support of regular people was missing.

That's the problem with terms like "PTSD", he said. It makes people think they need to be doctors to help.

Grenier sought to change that. He coined the term "operational stress injury," and pushed for and managed a national peer support program in the Canadian Forces.

Now he's trying to apply the same thing to the workplace where he says mental health has been similarly pushed into the clinical realm.

It doesn't matter that what caused the stress injury wasn't a war zone.

"Stress is stress," he said, and peer support is an important way to deal with it.

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IN BRIEF

Police find 'bogus body' on train tracks

Provincial police say officers found a "bogus body" at a Canadian Pacific Railway crossing in Perth, southwest of Ottawa, just before 1 a.m. Monday. Officers were told by railway employees that a train was stopped in town because the crew thought they had struck someone on the tracks. Police say it turns out someone had placed objects on the tracks to resemble a body.

THE CANADIAN PRESS

EDUCATION

Teachers' contracts could be extended

Ontario's Liberal government is looking at extending some teachers' contracts, which could ensure there would be no contentious education bargaining in the lead-up to the 2018 election.

Premier Kathleen Wynne says the issue arose as part of discussions with education-sector unions over a court ruling earlier this year that said the government violated their collective bargaining rights.

Legislation in 2012, known as Bill 115, imposed contracts

on teachers that froze some of their wages and limited their ability to strike, so five unions took the government to court.

The judge sided with them, but left the question of a remedy up to the government and unions to decide.

Wynne says the idea of potential contract extensions is part of those ongoing discussions. Teacher and education-worker contracts currently expire Aug. 31, 2017.

THE CANADIAN PRESS



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ENTREPRENEUR

Ottawa tech expert heads to Facebook

A well-known Ottawa tech entrepreneur and Algonquin College grad is leaving to "work on a major initiative" at Facebook in California.

Luc Levesque, 41, made the announcement on his Facebook page last week.

He founded a company called TravelPod that provides free travel blogs to globetrotters and later sold it to TripAdvisor.

"After 9 great years at TripAdvisor, it's now time for

another adventure," wrote Levesque. "This is the perfect next step in my life and I'm looking forward to leveraging my experience in product, growth and engineering to make an impact at a scale that very few companies can offer."

Levesque said in an email he starts in January but couldn't elaborate because his role isn't public yet.

He launched TravelPod in 1997, before most people had ever heard of blogging, and

built the site into an industry leader with more than 20,000 users before it was purchased by TripAdvisor in 2006.

Levesque spent the past decade in various roles at TripAdvisor, most recently growing traffic to the site from search engines and Apple distribution channels.

A computer science grad of Algonquin College, Levesque has earned accolades for his human resources practices. His "user manual" for new

employees drew the attention of media outlets such as the New York Times and two years ago earned him an International Business Award for executive of the year in the Internet and New Media category from the Washington, D.C.-based Stevie Awards organization.

Levesque has also served as an adviser to several other companies, including Pinterest, Quora and Twitter.

OTTAWA BUSINESS JOURNAL



Steam locomotive 909 travels along the Gatineau River, near Wakefield, Que., north of Ottawa. The train once carried thousands of tourists along the river, summer through fall.

FRED CHARTRAND/THE CANADIAN PRESS

Steam train to be saved

HERITAGE

La Pêche could be new home of historic locomotive



Haley Ritchie
Metro | Ottawa

Wakefield's historic steam train hasn't been seen on the tracks since 2011, but the plan to keep the tourism attraction in the area hasn't reached the end of the line yet.

Last week, officials from the Compagnie du chemin de fer de l'Outaouais (CCFO) announced that the mayor of La Pêche plans to restore the train on a different route.

Robert Bussiere, the mayor of La Pêche, said the municipality is still searching for an operator.

He's hoping the train could

run on a new route between Wakefield and Farm Point.

If a new operator can't be found, the train engine and a few of its cars will remain in La Pêche as part of a museum.

The original train ran from Hull to Chelsea to Wakefield. It stopped running after a rail bed was washed away during a heavy rainstorm in 2011.

After the rail bed incident, the organization had trouble raising the \$13 million needed to get the train back up and running, especially because it's not the first time expensive repairs have been needed on the original vulnerable track.

In 2008, MTQ gave the group \$5 million after a landslide washed away a portion of the track.

A second landslide took place in 2009.

In 2014, a Quebec's Ministry of Transport spokesperson told Metro the frequent repairs are a result of the unstable soil of the Outaouais region.

PUBLIC SAFETY

Youth concussions in focus

The Ontario government has established a committee to seek ways to reduce concussions in children and youth in organized sports and school settings.

The Rowan's Law Advisory Committee will focus on how parents, coaches, officials and the medical community can work together.

It is named after Rowan Stringer, a 17-year-old rugby player from Ottawa who died after getting two concussions within one week.

Her case prompted the gov-

ernment to pass Rowan's Law earlier this year. It commits the province to set guidelines to ensure children are taken out of a game if a concussion is suspected.

The committee will also review jury recommendations made at an inquest into Stringer's death, and provide advice on ways to implement them.

The committee, which is made up of parents, medical experts, researchers and sport leaders, is expected to submit recommendations next September. THE CANADIAN PRESS

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Sexual Assault on Campus: A Metro Special Focus

Day 2: A federal vacuum

Lost without leadership

Campus sexual assault is a national problem, but no one's pursuing a national solution. With no central accountability or oversight, the provinces and schools are on their own.



Rosemary Westwood
Metro | Toronto

One of the defining elements of the fight against campus sexual assault in Canada is what it lacks: a national strategy.

To some degree, this is by constitutional design. We have no federal education minister, no federal responsibility for post-secondary education. Politically speaking, it's not a national matter.

In this vacuum, the provinces are left to negotiate a new era of sexual-assault legislation.

In Ontario and B.C., new bills passed in the last year require every post-secondary institution to have a standalone sexual-assault policy (by January and May, respectively). An opposition MLA in Manitoba has put forward a similar bill, as has the Conservative opposition in Nova Scotia. Meanwhile, Nova Scotia's ruling Liberals signed a memorandum of understanding with universities this summer tying the development of sexual-assault policies to increased funding.

In Alberta, the minister of education has directed all schools to have standalone sexual-assault policies (expected to be in place by the spring). And in other

provinces — at the University of Regina, University of Saskatchewan and Memorial University in Newfoundland — schools are shouldering the initiative themselves.

But while these efforts have been greeted with hope and some praise (most notably by politicians and university administrators), critics argue the legislation doesn't go far enough.

In each province, schools are given broad autonomy over what exactly the policies should look like — a significant vote of confidence in a sector roundly viewed as having failed on the issue for decades.

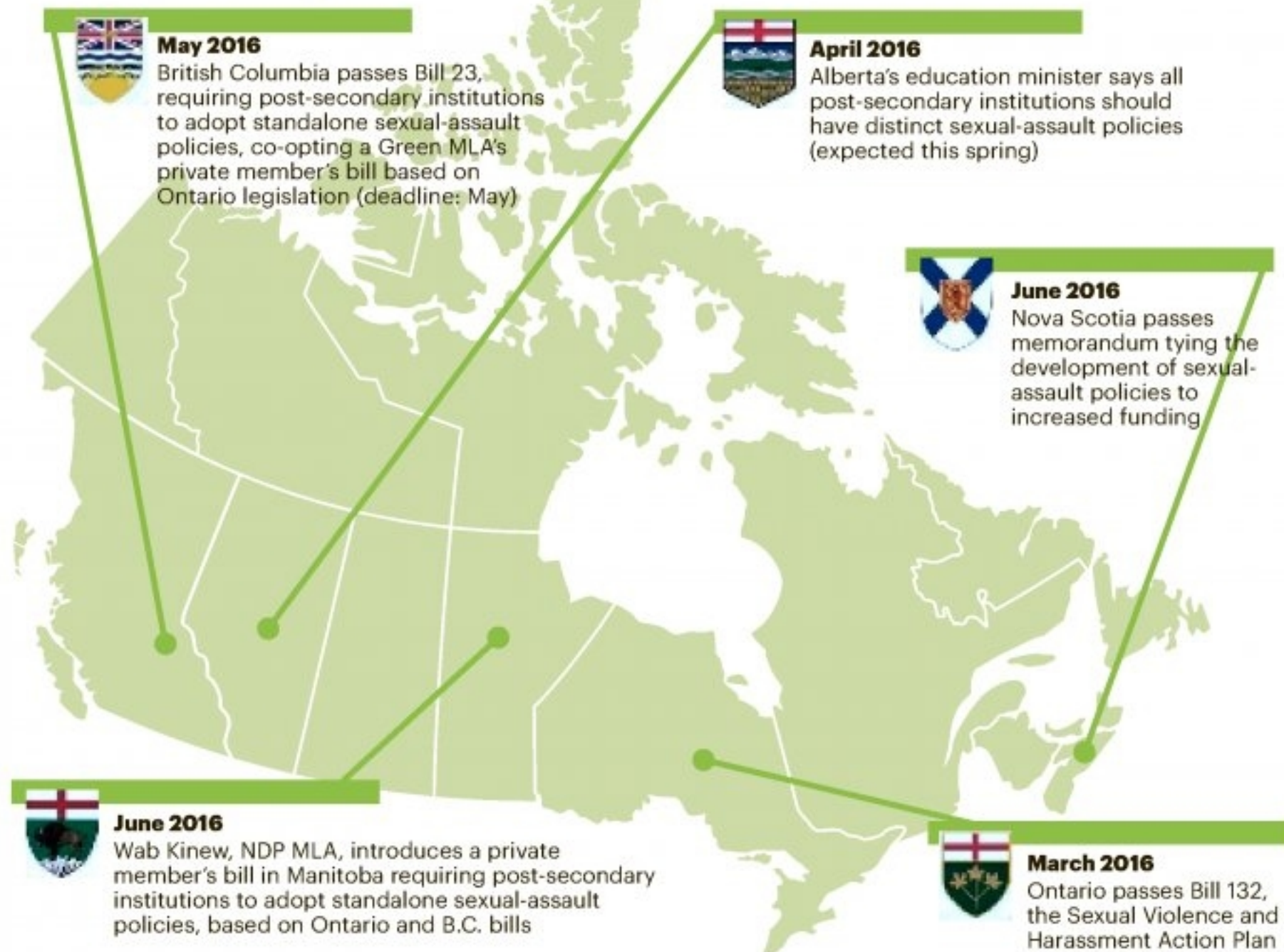
None of the new or proposed legislation establishes centralized responsibility for ensuring the policies operate as they should. That's striking, since institutional accountability has been at the heart of numerous complaints about university responses to sexual assault.

Dawn Moore, a Carleton professor and the lead investigator for a major research report on campus sexual assault released this summer, was among 20 colleagues who wrote to the university's president this spring, expressing concerns the school was "embarrassing" itself by not consulting from the beginning with academics whose research deals with sexual assault. Similar complaints were registered at other schools with experts in the field.

These patchwork efforts are not the only option.

Provincial education ministers do have a national body, the Council of Ministers of Education, that co-ordinates on "pan-Canadian education initiatives." In a meeting this summer, they talked about a range of issues including indigenous education and funding, but sexual assault appeared nowhere on the agenda.

Meanwhile, the minister for the status of women, Patty Hajdu, has been tasked with developing the Federal Strategy Against Gender-based Violence, which she told me will include campus violence. But Hajdu's staff took pains to reiterate that campus sexual assault is the jurisdiction of provinces, and Hajdu said her ministry's role could only be one of



The provinces' latest efforts have been a patchwork of disconnected half-measures in the absence of a co-ordinated national strategy

support.

"We're working very closely with the provinces, the territories, looking at how can we actually support the work that has been happening across the country and where are the gaps at a federal level that we can actually fill in," she said.

Hajdu said consultations with campus sexual-assault survivors brought up the example of the U.S., where there has been a far more aggressive national push to tackle the problem.

"There are a number of pieces of legislation and actions the president himself has taken and been very clear about. For example, making sure that campuses that he visits have strengthened policy and legislation around sexual violence and insisting that exists before he visits those campuses,"

Hajdu said.

President Barack Obama indeed makes a striking contrast to Prime Minister Justin Trudeau on the subject. While one has made an end to campus violence a pillar of his administration and tasked Vice-President Joe Biden with the file, Metro found no evidence that Trudeau has spoken publicly about campus sexual violence since winning office.

Wab Kinew, Manitoba NDP MLA and a proponent of a

bill to require sexual-assault policies on campuses in that province, suggests that a public statement from Trudeau could be a useful start.

"Potentially there's room for federal intervention, but before that it would be great

to see the prime minister weigh in and say consent culture is important," he said.

Any federal strategy — like Hajdu's — will take time, he noted, but a statement like that could happen "right away."

About the series

Mon. | The power of five

The most organized Canada-wide effort to combat campus sexual assault comes from an unlikely crew of five young women.

Tues. | A federal vacuum

The problem is national, but solutions have been regional and parochial.

Wed. | The U.S. example

The U.S.'s laws and White House directives combine to create more rigorous requirements for schools.

Thurs. | Dearth of data

We don't know how big the problem is because no one is incentivized to find out.

Fri. | The way ahead

We have a problem; we need a plan.



Join The Fight

Canada needs a national plan for campus sexual assault. Tell your story and pressure your MP using **#safercampusnow**

DOING 'SOMETHING,' FIXING NOTHING



Glynnis Kirchmeier is one of three women who've filed

human-rights complaints against Canadian universities over the past year.

As part of her complaint against the University of British Columbia, Kirchmeier is asking the school to hire an independent person tasked with evaluating and

overseeing its sexual-assault responses.

"I wouldn't have voted for it," Kirchmeier said of B.C.'s campus sexual-assault bill, which she criticized as toothless and vague.

"Why waste your time on legislation that is not very good? That's not to say I don't understand legislation has compromises, but this was so far from anything worth doing. I'm worried that people will say: 'That's that. We did something.'"

Carbon plan gets mixed reception

CLIMATE CHANGE

Price set at \$10/tonne, rising to \$50/tonne by 2022

Prime Minister Justin Trudeau has given provinces two years to come up with a plan to price carbon pollution or risk having one imposed on them by Ottawa, a move that delighted environmentalists but has rankled some premiers.

Trudeau on Monday announced his government's plan to lay the framework for a national plan to price carbon by imposing a minimum pricetag beginning in 2018.

Reaction to the proposal was swift — and mixed. Environmentalists cheered the move, saying it was one step towards meeting the commitment made by Canada and almost 200 other nations in Paris last December to cut greenhouse gas emissions.

But in Montreal, where provincial environment ministers were meeting with their federal counterpart, the ministers from Nova Scotia, Newfoundland

and Labrador and Saskatchewan all left early to protest Ottawa's announcement.

Saskatchewan Premier Brad Wall said the new "tax" will damage his province's economy.

"In the coming weeks, Saskatchewan will investigate all options to mitigate the impact of one of the largest national tax increase in Canadian history," Wall said.

Trudeau unveiled the federal move in the Commons in a speech that kicked off debate on a Liberal motion to support ratification of the Paris climate change accord.

Trudeau said a minimum price of \$10 per tonne of carbon dioxide equivalent would be set in 2018, rising to \$50 a tonne by 2022. Provinces will have to meet or exceed that "floor price," either through a direct price on carbon or a cap-and-trade system.

If provinces fail to establish a pricing on carbon, Trudeau said the federal government would impose a carbon price in that jurisdiction. He said the carbon pricing plan would be revenue neutral for Ottawa, saying the revenues would stay in the province where they are generated.

TORSTAR NEWS SERVICE

It has been proven that this is a good way to stop major emitters from fuelling climate change and threatening the entire planet.
Justin Trudeau



MONTREAL

Student with hijab not allowed to take exam

A Montreal junior college is trying to determine how to accommodate a student who was prevented from taking an exam because she wouldn't temporarily remove part of her hijab, a school spokeswoman said Monday.

The young woman was asked by her male biology teacher two weeks ago to pull back part of her headscarf so he could see whether she was wearing headphones, said Line Legare with College de Maisonneuve.

"She didn't want to show him her ears," Legare said, adding the student offered her teacher the possibility of touching her through the hijab to make sure she wasn't trying to cheat.

"That made the teacher uncomfortable."

He then told the student she couldn't take the exam that day.

Legare said the teacher and the student are negotiating another date for her to write the exam. THE CANADIAN PRESS



Yasmin Nakhuda with her monkeys Diva, a lion-tailed macaque and Caesar a Japanese macaque, in Pontypool, Ont. Activists blame a patchwork of outdated and inconsistent laws and bylaws for the rise in ownership of exotic animals. FRED THORNHILL/THE CANADIAN PRESS

Rise in exotic animal ownership a concern

As the sun sets over the sprawling property in rural Ontario, the farmhouse party gets into full swing. The host walks around chatting up the guests, two small monkeys perched on her shoulder. One is dressed in a collared jumpsuit, the other in a polka-dot dress.

Up the hill, a pair of burlesque dancers perform as guests snap photographs of other animals — two miniature donkeys, a wallaroo named Wall-E, a few alpacas groomed like best-in-show poodles, two tiny marmosets, two ferrets and a skittish black-and-white fox.

This is Yasmin Nakhuda's Xanadu where she presides over her menagerie at her home in Kawartha Lakes, where she moved in 2014 after losing her "son" Darwin — a Japanese macaque that escaped from her car and wandered into an Ikea store.

Images of the tiny monkey wearing a beige shearling coat triggered a social media frenzy and a legal battle that Nakhuda eventually lost to an animal sanctuary that Darwin now calls home.

Owning exotics — wild animals taken from their natural habitat or bred in captivity and not native to the country — is a growing trend in Canada, according to animal welfare activists, who blame a patchwork of outdated and inconsistent laws and bylaws.

Rob Laidlaw of Zoocheck, a wildlife protection charity based in Toronto, has been fighting for animals' rights for decades.

Ontario is probably the worst jurisdiction in the country for exotic animal laws.

Rob Laidlaw

there is no central registry," Laidlaw says.

Based on his research, Laidlaw believes there are hundreds of thousands of exotic animals in the country, the vast majority being reptiles.

It doesn't help that the laws vary wildly across Canada, he says.

"Ontario is probably the worst jurisdiction in the country for exotic animal laws and has been for quite a long time," Laidlaw

Reliable data on the number of exotic animals in Canada is difficult to come by, he says.

"There's a vacuum when it comes to statistics and when you're looking at actual numbers

says.

Only two types of animals are banned by the provincial government: pit bulls and killer whales. It is up to municipalities to create their own bylaws, and many of them, such as Toronto and Ottawa, maintain a list of prohibited animals, or as Laidlaw calls it a "negative list."

Instead, he says, Canada should adopt a "positive list" approach used in several European countries that allows ownership of only listed animals.

Laidlaw says two provinces, British Columbia and New Brunswick, have taken some action on exotic animal laws. Both Saskatchewan and Quebec require permits for certain exotic animals, but none are banned. Many provinces in the country take a similar approach to Ontario's and leave it to municipalities to decide. THE CANADIAN PRESS

IN BRIEF

Facebook launching 'marketplace' section

Facebook says some 450 million people use its site — mainly the "Groups" feature — to buy and sell stuff locally, anything from cars to baby clothes to furniture. Now, the company is launching a separate "marketplace" section that seeks to make it easier to do this.

The last time Facebook tried its hand at such a marketplace was nine years ago, and it didn't really go anywhere.

THE ASSOCIATED PRESS

MORTGAGES

Measures for housing market announced

Ottawa has announced a number of measures aimed at curbing risk in the country's housing markets, including closing a tax loophole and tightening mortgage insurance rules to prevent borrowers from taking on too much debt.

Finance Minister Bill Morneau said Monday that the government will make changes related to the principal residence tax exemption.

The exemption allows homeowners to avoid paying capital gains tax on the sale of a home as long as they were living in it.

That exemption will now

be available only to Canadian residents, Morneau said, and families will only be allowed to designate one home as their primary residence.

The federal government will also beef up rules surrounding stress tests for insured mortgages to make sure that borrowers don't take on more debt than they can handle if interest rates go up or their income drops.

"Low interest rates have gradually changed the way both lenders and borrowers view debt and indebtedness in this country," Morneau said during a news conference.

Starting Oct. 17, all insured mortgages will have to undergo a stress test to determine if the borrower will still be able to make his or her mortgage payments if interest rates rise.

Previously, these stress tests weren't required for fixed-rate mortgages longer than five years.

Another policy change coming into effect on Nov. 30 will require mortgage loans that the banks insure with portfolio insurance to meet eligibility criteria that previously only applied to highly leveraged insured mortgages. THE CANADIAN PRESS

Hurricane wreaks havoc

WEATHER

Matthew claims at least four lives

Heavy rains from the outer bands of Hurricane Matthew drenched Jamaica and Haiti on Monday, flooding streets and sending many people to emergency shelters as the Category 4 storm approached the two countries. Two deaths were reported in Haiti, bringing the total for the storm to at least four.

Matthew had sustained winds of 220 kph as it moved north, up from 210 kph earlier in the day. The centre was expected to pass just east of Jamaica and near or over the southwestern tip of Haiti early Tuesday before heading to eastern Cuba, the U.S. National Hurricane Center in Miami said.

"We are looking at a dangerous hurricane that is heading into the vicinity of western Haiti and eastern Cuba," said Richard Pasch, a senior hurricane specialist with the centre. "People who are impacted by things like flooding and mudslides hopefully would get out and relocate



Residents of the Cuban community of Cecilia, in Guantanamo Province, are evacuated as Hurricane Matthew wreaks havoc through the Caribbean as the most menacing storm in nearly a decade.

AFP/GETTY IMAGES

because that's where we have seen loss of life in the past."

Many were taking that advice. In Jamaica, more than 700 people packed shelters in the eastern parish of St. Thomas and the Salvation Army said there were about 200 people at its shelters in Kingston.

Still, many people chose to

stick it out. Local Government Minister Desmond McKenzie said all but four residents of the Port Royal area near the Kingston airport refused to board buses and evacuate.

In Haiti, authorities went door to door in the south coast cities of Les Cayes and Jeremie to make sure people were aware of the

storm. At least 1,200 people were evacuated to shelters in churches and schools.

"We are continuing to mobilize teams in the south to move people away from dangerous areas," said Marie Alta Jean-Baptiste, head of Haiti's civil protection agency.

At least two fishermen died

in rough water churned up by the storm, Jean-Baptiste said.

Their deaths brought the total for the storm to at least four. One man died Friday in Colombia and a 16-year-old in St. Vincent and the Grenadines on Sept. 28 when the system passed through the eastern Caribbean.

THE ASSOCIATED PRESS

IN BRIEF

Turkey-backed Syrian rebels lose 15 in battles with Daesh

Fighting in northern Syria between Turkey-backed Syrian rebels and Daesh militants killed at least 15 rebels as the opposition pressed toward a town of symbolic importance for the extremists, an activist group and Turkish officials said Monday. The Syrian government continued to strike besieged, rebel-held parts of Aleppo, hitting the area's largest hospital, according to activists.

THE ASSOCIATED PRESS

Boy shot at South Carolina school to have superhero funeral

The family of a six-year-old boy shot at a South Carolina elementary school says a superhero funeral is planned for Jacob Hall, a week after he was shot along with a classmate and a teacher as his first-grade class left for recess.

Family members say that pallbearers will dress as superheroes and people attending are encouraged to wear costumes.

THE ASSOCIATED PRESS



Men wash the face of a woman after police used tear gas during the Oromo new year holiday on Sunday. AFP/GETTY IMAGES

STAMPEDE

Unrest continues in Ethiopia as death toll rises

Violence flared again Monday in Ethiopia's restive Oromia region, where dozens of people were killed a day earlier in a stampede when police tried to disrupt an anti-government protest amid a massive religious festival.

The state broadcaster late Monday raised the death toll to

55 from the earlier official count of 52. Its report cited a hospital official in the town where the stampede occurred, and it said three people remained hospitalized with serious injuries.

After the stampede, clashes between security forces and protesters erupted Sunday evening and

continued Monday morning in the towns of Bishoftu and Ambo, an Ethiopian government official and witnesses said.

The annual Irrecha thanksgiving festival had drawn huge crowds, and the stampede occurred as people ran to escape police firing tear gas and rubber

bullets and shooting live rounds into the air after anti-government protesters approached the stage where religious leaders were speaking. People were crushed to death. A witness said some of those killed were still being recovered from ditches where they fell. THE ASSOCIATED PRESS

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EMMA TEITEL ON THE ULTIMATE CIVIC HOLIDAY

More than 20 per cent of Canadians who said they didn't vote in the 2011 election abstained because they were 'too busy.' That strikes me as a big number and a big problem.



When I was in high school, running for student council, it was pretty easy to "get out the vote" on election day.

All you had to do was plug in the school's popcorn machine beside the ballot boxes and wait for the smell of hot imitation butter to reel your constituency in to the polls. A word of advice to any politician trying to increase youth-voter turnout: the key to your success is not in lofty promises of progressive change. It's in free food. And equally important: easy access to that food.

Of course I am being facetious, but there is a kernel of truth (sorry) in the popcorn anecdote. People, no matter their political affiliation, are more likely to vote when voting is made easy.

This is why nearly 300 tech employers in the United States announced this month that they will allow their staff to take off a full day's work on November 8, as a paid company holiday, to vote in the U.S. election.

Some of the tech firms who have agreed to make this accommodation include Spotify, About.com, the Wikimedia Foundation and the political data firm, ShareProgress.

Why are they doing this? The founder of ShareProgress, Jim Pugh, told the Washington Post that the participating companies

It may be hard for some of the nation's more politically informed people to accept, but there are a lot of good citizens out there.

ies hope the new policy raises voter turnout in the United States. "The more we can have this be a norm within the corporate space, the more it's going to push good civic corporate behaviour," Pugh told the Post.

According to Statistics Canada data from 2011, the No. 1 reason Canadians didn't vote in the federal election that year was because they were "not interested" in doing so.

But guess what was listed

cast your ballot during your work day, and you have a handful of tasks to complete before you pick your kids up from school in the afternoon, voting becomes a luxury. I am not making this up: I know several people whose decision to vote is based on nothing more than how busy they are the very day of the election. But they wouldn't dare admit this out loud, for fear they'd be labelled stupid, apathetic and irresponsible.

But they aren't stupid, apathetic and irresponsible. They're just busy. And being busy is not a crime.

Sure, the self-righteous argument that they should know better because they live in the glorious and free utopia of Canada and "how dare they take their voting rights for granted" may hold some truth. But does this disapproving, shaming position do anything at all to increase voter turnout? No. It just makes people feel bad.

So let's do something that makes people feel good. Let's turn Election Day into a national civic holiday.

Just think about it: If you get the day off to vote, you can make an occasion out of it. You can go for lunch. You can see a movie. You can pick up your dry cleaning. And most importantly, you can take an extra few minutes or even an hour to think long and hard about who it is you'd like to vote for.

After all, what's the use of observing Canada Day, a national holiday marking the moment our democracy came into being, if we don't also grant our citizens ample time to participate in its continued existence?

Emma Teitel is a national columnist for the Toronto Star.



LINED UP OUT THE DOOR Voters wait at a polling station in Toronto on Election Day 2015. Is it fair to ask people to do this on a work day? THE CANADIAN PRESS FILE

I would take this idea one step further and argue that the more we implement this kind of policy everywhere — not merely in the United States or in the corporate world but here in Canada — voter turnout will increase dramatically.

It's true that the 2015 Canadian federal election saw the highest voter turnout in more than 20 years, but why shouldn't we aim even higher next time around? In fact, to hell with employers, why not turn the federal election into a national civic holiday?

Critics of this idea often argue that a national voting holiday wouldn't achieve much because apathy is the main reason people avoid the polls — not a lack of time. And they do have a point.

as the second most common reason for avoiding the polls?

No time.

According to the same study, 22 per cent of Canadians who said they didn't vote in the 2011 election abstained because they were "too busy." That strikes me as a big number and a big problem.

But it's not a big surprise.

It may be hard for some of the nation's more politically informed and invested people to accept, but there are a lot of good citizens out there whose decision to avoid the polls has little to do with the strength of the candidates on the ballot and everything to do with strictly practical forces such as the weather and traffic.

If you are given a narrow window in which to

Making way for the new, weird and disruptive

COLLINS' CAPITAL

Steve Collins



The thing about multi-use pathways is, well, multi-use. My dog and I share the NCC pathway that blesses my neighbourhood with cyclists, joggers and everyone else.

The paved surface is also an occasional billboard for political speech. Last week, slogan-eers deployed their chalks on a rainbow of declarations. Among the most arresting entries: "Every Child Should Hear: 1) I Love You 2) You Matter 3) Taxation is theft." Huh? Sure, the pavement for this manifesto was made possible by taxpayers, but inherently ironic speech should be free speech, too.

The pathway's owner/travelers share it, in mutual tolerance, a dash of annoyance and the odd eye-roll. If some spanned cyclists fire by too fast and too close for my comfort, me and my meandering mutt are in turn holding them up.

These tugs-of-war over public property come with the (shared) territory. Council approved a mountain-biking area in Carlington Park last week over the objections of some locals, who worry the newcomers herald noise, traffic and environmental degradation.

Coun. David Chernushenko was keen to defend the two-wheeled interlopers: "Mountain-biking organizations suffered in their early days from a bit of a yahoo reputation, and quite strikingly worldwide got a grip on that."

Just as the mountain-biking barbarians stormed the gates of respectability, another recent invader, Uber, officially went from pirate cab app to

legal business last Friday.

Mayor Watson, who initially criticized ride-sharing as illegal, unfair and unsafe, last week praised the benefits of their creative disruption: "The taxi industry has all but had a monopoly for decades, so if we can improve the calibre and quality of service in the cab industry at the same time as offering a new alternative for people...then I think that's a good thing for the city."

Now that Uber's gone legit, the new intruders du jour are marijuana dispensaries, operating outside the (to-be-changed) law, and many people's comfort zone. So far, police haven't given them much trouble.

Mayor Watson, while noting that politicians (thankfully!) don't direct police operations, seems to favour the harder-nosed angle of the Toronto police over our cops' wait-and-see approach.

"The police in Toronto have gone down that process and it actually has worked. When you're charged and you're fined and your pot is taken away, that sends a pretty good signal that you're probably not going to stay in business very long."

While the Toronto cops have undoubtedly sent signals, it's debatable whether it's working. The raids appear to be about as effective in stopping the trade as were Ottawa's by-law stings against Uber.

Ottawa police last week investigated one Rideau Street dispensary — as the victim of a robbery.

The gray areas in which attitudes change ahead of the law is another public space we have to negotiate together. Today's rebels will likely join tomorrow's BIA.

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Dumpsgiving an age-old tradition

RELATIONSHIPS

Breaking up over holidays can be tough for students

Sofi Papamarko
Torstar News Service

The first week of September, I overheard a conversation between some international students on U of T campus. They had all just met that day and were sharing basic information about themselves, sweetly and tentatively building new friendships.

"My boyfriend still lives in Korea," offered one of the fresh-faced freshmen. "We know it will be difficult, but we're going to stay together."

Oh, honey. Maintaining a long-distance relationship over four years isn't impossible. But it is highly implausible, especially when you're a teenager and are still figuring out who you are.

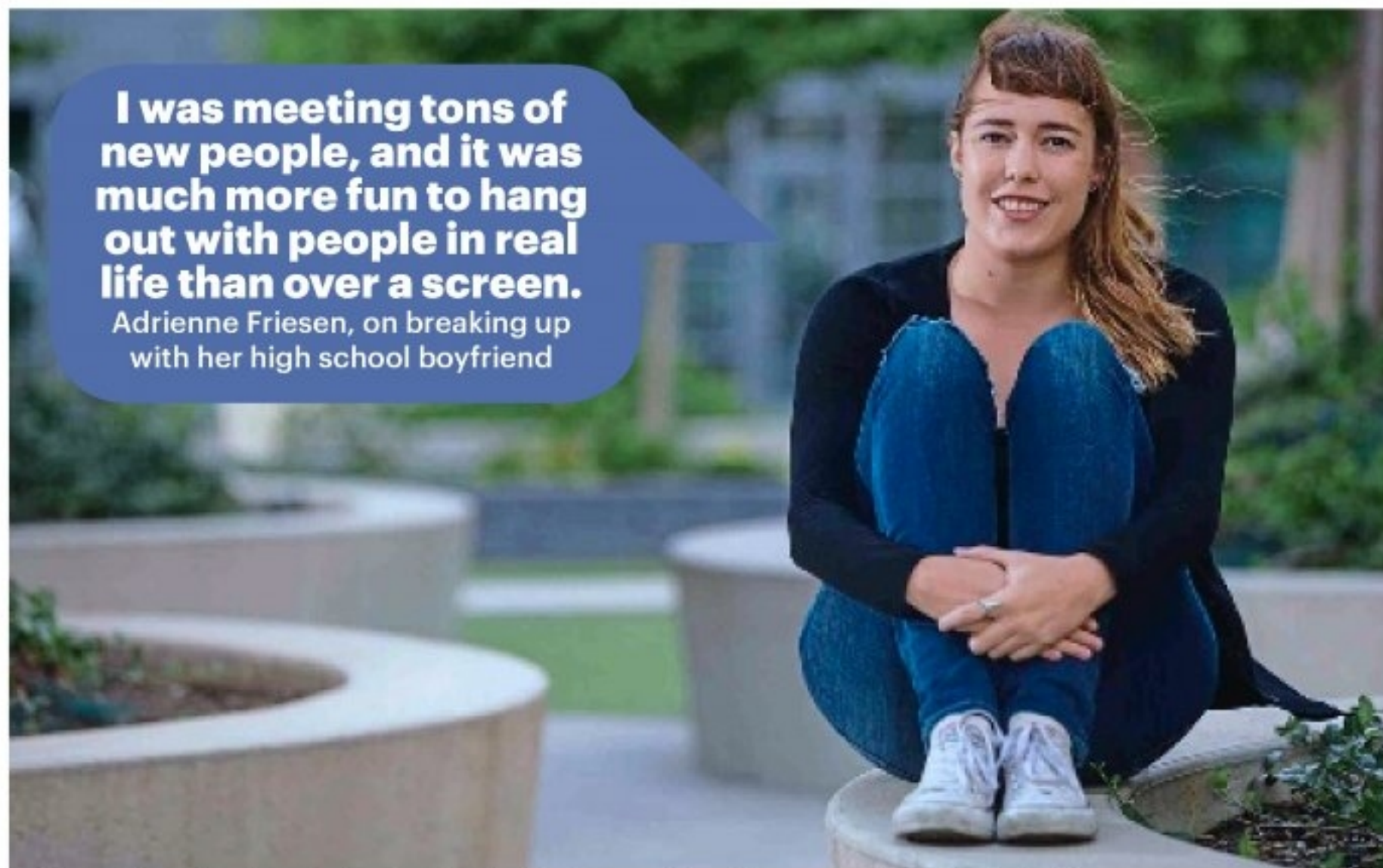
In my university experience, the students who arrived romantically attached to someone from their hometown were single again after Thanksgiving long weekend.

Known widely as "the Turkey

Pursuing new social activities (reminds students) that they are more than just someone's ex-partner and they may even find a new romantic opportunity in the process. Dr. Jesmen Mendoza

I was meeting tons of new people, and it was much more fun to hang out with people in real life than over a screen.

Adrienne Friesen, on breaking up with her high school boyfriend



Adrienne Friesen has done the "turkey drop," going home and breaking up over Thanksgiving holiday. CHRIS SO/TORSTAR NEWS SERVICE

Drop" or "Dumpsgiving," it's the phenomenon of first-year university and college students, immersed in their new academic and social lives, ending things with their high school

sweethearts the very next time they see them — usually Thanksgiving weekend. When the end of a relationship is dealt with in unhealthy ways, it can impede student success for a semester — or even threaten the entire school year.

Digital media specialist Adrienne Friesen, 25, is an admitted turkey dumper. When she moved to Toronto for school, she and her high school boyfriend tried to make it work. Unfortunately, the relationship

lasted about as long as a slice of pumpkin pie set in front of Uncle Bill.

"I immediately fell in love with Toronto and realized that I would be staying here long-term, even beyond university," says Friesen.

And by the time U.S. Thanksgiving rolled around, Friesen says it was no longer appealing to schedule Skype calls or phone calls with her boyfriend since her time was filled with her commerce program and be-

ing on the varsity swim team.

"I was meeting tons of new people and it was much more fun to hang out with people in real life than over a screen," Friesen says.

While Friesen says her breakup was a healthy and necessary one, that's not always the case, and many students may find themselves having difficulties healing and moving on.

Dr. Jesmen Mendoza, a psychologist at Ryerson University's Centre for Student Develop-

ment and Counselling, encourages students dealing with a painful breakup over Thanksgiving or at any other time of the year to get in touch with their school's counselling services and take up fulfilling activities.

"Pursuing new social activities (reminds students) that they are more than just someone's ex-partner and they may even find a new romantic opportunity in the process," Dr. Mendoza says. "Those reluctant to pursue counselling may think that they may be judged or shamed, but professional counsellors are invested in helping students becoming hopeful about their future and hopeful about having a successful intimate relationship."

Experts say that consistent exercise, a balanced diet and getting enough sleep can also help ease the physical and emotional symptoms of a breakup. But keeping busy is definitely key.

"Focus on what makes you you, which for me included refocusing on my studies, taking up a new class, getting a part-time job and getting back in touch with friends," says Friesen.

"It's important to get out and about. Even if it's just going to a café to work or study instead of staying home, it helps to be around people. Having a good friend-support system is also helpful."

And don't forget the silver lining to dumping or being dumped on Thanksgiving weekend: there has never been a more appropriate time to eat your feelings.

DIAGNOSIS

'If you have lungs, you can get lung cancer': Advocate

In her late 30s, Jessica Steinberg led a healthy life. A busy mother of two, she taught fitness classes, from step aerobics to boot camp, and was training for a marathon.

But when a rib injury sent her into the hospital for a chest X-ray in 2011, Steinberg learned she had lung cancer. At first, her doctors thought it was a localized tumour, but they later discovered the cancer was invasive and aggressive — and had spread throughout her body, into her lymph nodes, her bones and her brain.

It was a shocking diagnosis

for a woman with no risk factors. "I was never a smoker. No radon in my home. No exposure to chemicals. No family history. It was really out of nowhere," Steinberg, now 44, says.

Steinberg, a Canadian-American citizen now living in Oregon, is among those raising awareness of the smoking-related stigma surrounding lung cancer — and how the disease can hit anyone, even people who've never lit a cigarette in their life. "It's not just a smoker's disease. There's a changing face of lung cancer," she says, during a recent inter-

view in Toronto.

The disease kills more than 20,000 Canadians every year — more than breast, prostate and colon cancer combined — and accounts for 25 per cent of the country's cancer deaths, according to Lung Cancer Canada. Both men and women are at risk, with an estimated 13,600 new male cases and 13,000 new female cases of the disease for 2015, the Canadian Cancer Society notes.

And they're not all smokers. More than 85 per cent of lung cancer cases in Canada are related to smoking tobacco, accord-

ing to CCS data, but that leaves 15 per cent of cases that aren't.

"The majority of patients I see (with a lung cancer diagnosis) have either stopped smoking, or never smoked," says medical oncologist Dr. Parneet Cheema, a specialist at Sunnybrook Odette Cancer Centre.

Even so, smoking-related stigma is something Cheema and Steinberg both see regularly.

"Do you ever ask a prostate cancer patient — 'Did you get enough fibre?'" questions Steinberg.

"People don't do that. They

don't link other cancers to behaviours."

For Steinberg, it's been more than five years since her cancer diagnosis. She's gone through surgery, chemotherapy, chest and brain radiation and eventually learned she has a specific gene mutation driving her cancer.

Steinberg is trying to make the most of her diagnosis by opening people's eyes to the realities of the disease.

"Anyone can get lung cancer," she says. "If you have lungs, you can get lung cancer."

TORSTAR NEWS SERVICE



Jessica Steinberg, a non-smoker, was shocked by her lung cancer diagnosis in 2011. TORSTAR NEWS SERVICE



JOHANNA SCHNELLER
WHAT I'M WATCHING

McKinnon's Clinton is the one to watch

THE SHOW: Saturday Night Live, Oct. 1, 2016

THE MOMENT: The Clinton-Trump debate

Hillary Clinton (Kate McKinnon) squares off against Donald Trump (Alec Baldwin) on the debate stage.

"He spent his life cheating labourers," Clinton says. "Labourers like my own human father, who made drapes or sold drapes, something with drapes, and he was relatable and I am also relatable."

Later, in her closing statement, she says, "Listen, America, I get it: you hate me. You hate my voice and you hate my face. Well, here's a tip: if you never want to see my face again, elect me president, and I will lock myself in the Oval Office and not come out for four years. But if you don't elect me, I will continue to run for president until the day I die."

Rejoicing abounded when SNL announced that Baldwin will play Trump until the election and

rightly so: the actor perfectly captures the candidate's jutting lips, bullying cadences and the way he plays to his countrymen's worst instincts. (When I interviewed him this past spring, he called Trump "America's bile duct.")

As great as Baldwin is, though, I don't need a Trump parody. Trump takes care of that himself. McKinnon's performance is more relevant.

By pointing out both Clinton's awkwardness ("my human father"), and the inherent sexism she faces from men and women ("you hate my face"), McKinnon gives us valuable insight into why America can't warm to Clinton. Her impression goes beyond mockery to get to uncomfortable truths.

In this election (and its SNL funhouse mirror), he's getting all the ink. But the story is her.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Alec Baldwin, left, as Donald Trump, and Kate McKinnon, as Hillary Clinton perform during the "Debate Cold Open" sketch on Saturday Night Live. WILL HEATH/NBC VIA AP

Kim Kardashian shaken but unharmed in robbery

INVESTIGATION

Five assailants stole \$10M in jewellery at gunpoint

Armed robbers forced their way into a private Paris residence where Kim Kardashian West was staying, tied her up and locked her in a bathroom before making off with more than \$10 million worth of jewelry, police officials said Monday.

A spokeswoman for Kardashian West said the reality TV star, who was in Paris attending fashion week shows, was badly shaken but physically unharmed.

She left Paris Monday morning a few hours after the incident, and flew to Teterboro Airport in New Jersey. From there she travelled in a motorcade to her apartment building in downtown Manhattan, where there was a heavy security presence.

Friends of Kardashian West consoled the reality TV star in New York City following her ordeal.

LaLa Anthony, wife of basketball player Carmelo Anthony arrived Monday afternoon, as did family friends Jonathan Cheban and Simon Huck, who are often featured on Keeping Up With the Kardashians.

Kris Jenner indicated her daughter was doing OK, giving a "thumbs up" signal when a reporter asked how Kardashian West was faring. Video cameras lined barricades outside the building, capturing security guards milling about.

Paris police are hunting for five suspected assailants after the incident, which has raised new concerns about security in



Armed robbers forced their way into a private Paris residence where Kim Kardashian West was staying, and stole more than \$10 million worth of jewelry, police officials said.

AP PHOTO/LIONEL CIRONEAU, FILE

the French capital after a string of deadly extremist attacks.

The thieves entered the 19th-century luxury residence in Paris' chic eighth district after the concierge let them in around 2:30 a.m. local time, according to two police officials. Handcuffed and at gunpoint, the concierge led them to the starlet's flat.

The robbers tied up Kardashian West and locked her in the bathroom before escaping on bikes, the officials said. They were not authorized to be publicly named speaking about ongoing investigations.

The officials said the five stole a jewelry box containing valuables worth 6 million euros (\$6.7 million) as well as

a ring worth 4 million euros (\$4.5 million). In a message to The Associated Press, the Paris prosecutor's office said that only two of the five suspects forced their way into the apartment.

Kardashian's stylist was also in the residence at the time, and alerted police, but Kardashian's bodyguard was not present according to the prosecutor's office.

It's unclear whether the couple's two children, 3-year-old daughter North and 10-month-old son Saint, were with Kardashian West when the robbery happened, or if they were with her at all on her trip to France.

Police said the actress' family was placed under police protection at the George V hotel after the incident. Her sister Kendall Jenner appeared with Kardashian at Paris fashion shows in recent days and often appears on the catwalk herself.

Kardashian's husband, Kanye West, abruptly ended his performance at the Meadows Music and Arts Festival in New York on Sunday night.

"I'm sorry, family emergency, I have to stop the show," West told the audience.

Kardashian West has the habit of showing her jewels and whereabouts in her social media, including in recent days when she posted pictures of her attending fashion week shows. A few days ago, she also flashed a big ring on Twitter and Instagram.

Kardashian West was ambushed last week by a serial celebrity assaulter who attempted to grab her as she was entering a restaurant. She was also attacked outside of a Paris fashion week show in 2014. She wasn't hurt in either incident.

THE ASSOCIATED PRESS

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3	1	4	8	6	9	5	7	2
5	9	8	1	7	2	4	3	6
2	7	6	3	5	4	1	8	9
4	2	9	6	1	7	3	5	8
6	5	3	4	9	8	2	1	7
7	8	1	2	3	5	9	6	4

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GOSSIP BRIEFS TPB ARE AN ACQUIRED TASTE; WILLIAMS' WIDOW SPEAKS OUT

Ol' Dirty Canadian Whisky recipes possibly 'dangerous'

The Ontario government will be looking into advertising of a Trailer Park Boys-inspired whisky set to go on sale in the province this month.

Liquormen's Ol' Dirty Canadian Whisky is set to be sold at Liquor Control Board of Ontario outlets and is to be launched Thursday at a Toronto event.

Drink recipes on the website for the whisky — from Nova Scotia-based Dartmouth Spirits Inc. — include a couple recommending mixing drinking with mari-



Liquormen's Ol' Dirty Canadian Whisky will be available in the LCBO on Thursday. THE CANADIAN PRESS/NATHAN DENETTE/FILE

juana and hashish use.

One drink — dubbed the Zesty Mordant — suggests rolling up "a six paper joint," grabbing a bag of chips, and a glass of Liquormen's.

Premier Kathleen Wynne says that sounds "dangerous in a lot of ways," telling a news conference that the government "will look into it." THE CANADIAN PRESS

Robin Williams' widow details actor's final days

Robin Williams' widow says the actor had "chemical warfare in his brain" before his death.

Williams suffered from dementia caused by Lewy body disease and took his own life in August 2014. Susan Schneider Williams writes in the medical journal Neurology that her husband's suicide came "at the end of an intense, confusing, and relatively swift persecution" from the disease.

THE ASSOCIATED PRESS



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The wild card San Francisco Giants have a chance to add to their even-numbered year success, having won the World Series in 2010, '12 and '14

Boucher's final cuts loom

SENATORS

New coach says roster should be final for last pre-season tilt

Players who have yet to catch the eye of Guy Boucher are running out of chances to impress the new Ottawa Senators head coach.

The Senators visited Winnipeg on Monday before playing Toronto on Tuesday in Saskatoon, leaving little time for skaters on the bubble to make a final impression.

"(Monday) will give us confirmation on some guys, doubts on some other ones, but it's a very important game for a lot of these guys that are trying to make the team," Boucher said. "After these two games we're going down to who's going to start with us."

Players such as Matt Puempel, Ryan Dzingel, Phil Varone and Nick

Paul are all competing for work up front, while Thomas Chabot, Fredrik Claesson, Michael Kostka and Matt Bartkowski will be looking to prove they can help on the blue line.

"These are probably the biggest two games of my career right now," said Dzingel. "I'm just trying to play the best I can so I can take one of those last spots that are open."

Few openings remain up front and on defence and Boucher admits little separates players from one another, making a final decision that much more difficult.

"After these two (games) I want to have a decision. If we're not sure, we're in the middle, well I'm going to make a decision because I want to get down to our guys. We need reps, we need reps in practice, we need reps in games and Friday we want to go with the guys we're going to start with."

The Senators wrap up the pre-season Friday night against the Buffalo Sabres.

Mark Stone continues to make progress as he recovers from a concussion suffered during the first on-ice session and is hopeful to play Friday.

Stone continues to practise with the team, made the trip out west and is hoping to undergo his final baseline test

He's experienced and he's smart and he knows what he needs and in his mind he'll be OK with these two (pre-season) games.

Guy Boucher on goalie **Craig Anderson**, who has missed most of training camp



Ryan Dzingel of the Senators battles for a battle with the Canadiens' Daniel Audette during pre-season action at the Canadian Tire Centre on Saturday. Dzingel is one of the players competing for a roster spot. FRED CHARTRAND/THE CANADIAN PRESS

Thursday.

"When you watch your teammates go through a camp like we've had you want to be part of it," said Stone. "Especially with a new coaching staff,

new players, new faces. You just want to be part of it and I haven't been.

"I want to get in at least one game before the start of the year."

Stone wore a tinted visor Monday to help reduce the glare from the lights and said he would consider keeping it on.

Craig Anderson was also back on the practice ice after missing time for personal reasons. Anderson is expected to

start Tuesday's game against the Maple Leafs.

Anderson missed most of training camp, but neither he or Boucher seem overly concerned by the lack of practice time.

"Some quality time was missed, but I've been to training camp long enough now where we still have enough days left where I should be able to see enough pucks to feel comfortable," Anderson said.

THE CANADIAN PRESS

IN BRIEF

Kubiak says Siemian is Denver's QB if he's healthy

Gary Kubiak always had a definitive answer last season when he gathered his players to let them know whether Peyton Manning or Brock Osweiler would start that week. This time, it comes with a caveat.

Kubiak said during one of his weekly radio show appearances Monday "our plan is for Trevor (Siemian) being there Sunday, but we have to take it day by day."

So, rookie Paxton Lynch could get his first start, over the ailing Siemian (non-throwing shoulder), when the Broncos (4-0) host the Atlanta Falcons (3-1). THE ASSOCIATED PRESS

Panthers coach uncertain if Newton will play Monday

Panthers coach Ron Rivera says Cam Newton's status for next Monday night's game against the Tampa Bay Buccaneers is uncertain.

Rivera says the reigning league MVP met with doctors Monday, but offered no update on the quarterback's progress after he was knocked out of Sunday's 48-33 loss to the Atlanta Falcons with a concussion.

THE ASSOCIATED PRESS

McGwire back on ballot

Mark McGwire is getting another swing at the Hall of Fame.

The former slugger who admitted using steroids joins Bud Selig, George Steinbrenner and seven others on the Today's Game Era ballot to be considered for election to Cooperstown in December.

THE ASSOCIATED PRESS

Premier League has its first American manager

Bob Bradley became the first American manager in the Premier League after being hired by Swansea on Monday, finally landing the opportunity he had been chasing to lead a top-flight side in Europe.

Swansea hired the former U.S. men's national team coach to replace Francesco Guidolin, who became the first manager to be fired in the Premier League this season. THE ASSOCIATED PRESS

MLB

Stroman tasked with neutralizing O's big bats

The Toronto Blue Jays and Baltimore Orioles are about as similar as two clubs can be entering the American League wild-card game.

Both teams had 89-73 records in the East Division standings. Both teams clinched playoff spots on the final weekend of the season. And both teams own power-heavy lineups that can feast at a homer-happy stadium like Rogers Centre.

The Blue Jays had a 10-9 edge in the season series but Baltimore took two of three games last week in Toronto.

253

Baltimore led the major leagues with 253 home runs over the regular season.

So who will blink first on Tuesday night?

The Toronto pitching staff led the American League in earned-run average while the Orioles led the major leagues in home runs.

Chris Tillman will get the starting assignment for Baltimore while fellow right-hander Marcus Stroman will be on the hill for Toronto.

"Some guys rise to the occasion. I've seen Stro do that many, many times," Blue Jays manager John Gibbons said Monday. "I think he's the perfect guy."

The winner of the one-game showdown will advance to the American League Division Series. The Texas Rangers will host Game 1 of that series on Thursday. THE CANADIAN PRESS



Marcus Stroman has had an up-and-down year with a 9-10 record and 4.37 ERA. RICHARD LAUTENS/TORSTAR NEWS SERVICE

RECIPE Spicy Beef Tacos with Sweet Potato



PHOTO: MAYA VISNINEI

Ceri Marsh & Laura Keogh
For Metro Canada



- Handful chopped fresh cilantro
- 8 corn tortillas
- jar of prepared salsa

Ready in 40 minutes

Prep time: 10 minutes
Cook time: 30 minutes
Serves 6

Ingredients

- 1 large sweet potato, diced into bite-size pieces
- 1 Tbsp (15 ml) olive oil
- 1 1/2 tsp (7.5 ml) salt, divided
- 1/2 red onion, thinly sliced and rinsed in very warm water
- 1/4 tsp (1 ml) sugar
- pinch of salt
- 1/3 cup rice vinegar
- 2 lb. (900 g) organic lean ground beef
- 2 Tbsp (30 ml) chili powder
- 2 tsp (10 ml) ground cumin
- 1 tsp (5 ml) cinnamon
- 1 tsp (5 ml) dried oregano
- 1 tsp (5 ml) pepper
- 2 tsp (10 ml) salt
- 4 cloves garlic, minced
- 1/2 cup (125 ml) shaved Monterey jack cheese

Directions

1. Preheat oven to 400. Toss sweet potato with olive oil and 1/2 tsp (2ml) salt. Spread on a lined baking sheet and bake 5 to 7 minutes. Toss and bake another 5 minutes, or until fork tender. Remove from oven and place in a bowl; set aside.
2. In a small bowl, dissolve sugar and salt in vinegar, add the onions; set aside.
3. In large skillet, cook beef over medium heat, breaking up with spoon, until browned, 10 minutes.
4. Meanwhile, in a small bowl, blend spices and garlic. Stir into meat; cook another 2 minutes. Remove from heat and transfer half to a serving dish. Put other half in an airtight container and store in the refrigerator to use for another dinner. Place beef, sweet potato, slices of red onion, cheese, fresh cilantro, salsa and tortillas out on the table for taco assembly.

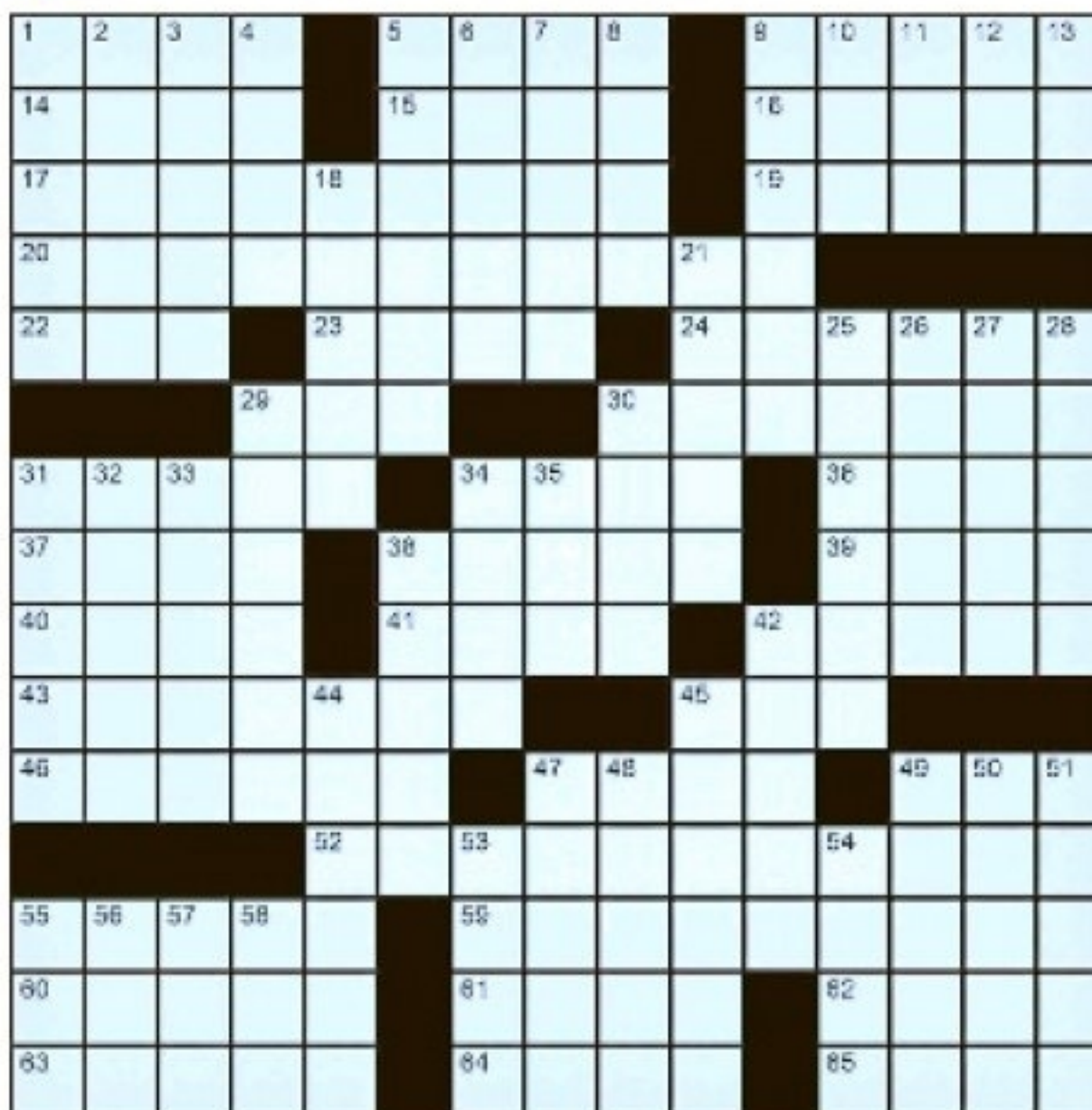
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Reveal the secret
5. Rebuff
9. Jazz legend Ms. Vaughan
14. Moon, in Montreal
15. Towering
16. Doubly
17. Starter in Italian cuisine
19. Red _ (Tree in British Columbia)
20. American _ (Ice Age animal which lived in the Yukon)
22. "Forrest Gump" (1994) star ...his initials-sharers
23. Ms. Kedrova of "Tom Curtain" (1966)
24. Beaver-like rodent called a 'river rat'
29. Johnny Carson bandleader Mr. Severinsen
30. Lifestyles guru Martha
31. Couch potato's prize possession: 2 wds.
34. Prefix to 'copter'
36. Face shape
37. Elevation on land
38. Sort of shrub
39. Greek alphabet's second letter
40. Old Testament twin
41. Hopped off the horse
42. Jazz legend Mr. Davis
43. "Opportunity" is a 1967 hit by what Canadian band?
45. Carpet store purchase
46. Self- _
47. Bowsprit, for one



49. British singer Mr. Smith
52. The regular folk: 3 wds.
55. 1942 Disney classic
59. Sold, Sotheby's-style
60. Scent
61. Entreaty

DOWN

1. Booming noise
2. Noon hour meal
3. 'Nay' sides in

- debates
4. "Could It _ _ _ Fall in Love" by The Spinners
5. Radio interference
6. Of the nose
7. Ne plus _ (Perfection)
8. Allied group

9. Sculptor's creation
10. Pointy tool
11. Empty
12. Champion
13. "And I Love _" (Lennon-McCartney)
18. Test episode in television
21. Shenanigan

25. _ _ _ Matthews, Emilio Estevez's character in "The Outsiders" (1983)
26. Disentangle
27. All worked up
28. Maps book
29. Hoodwink
30. Window blinds segment
31. Subject matter
32. Travel endorsements
33. Angle
34. Hoop's fun friend
35. Record label
38. Ms. Hayek the actress
42. Tuesday, in Tardoussac
44. Antenna
45. The aquatic Rays
47. Brain's 'bonnet'
48. Walked anxiously
49. _ _ _-long (Campfire fun)
50. Aware
51. Mythical wife scorned by Jason
53. Scruff
54. Recipes requirement
55. "Run to You" Canadian rocker ...his initials-sharers
56. Curve
57. Farm sound
58. Snazzy car

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is an excellent day to have a practical discussion with a partner or close friend. People are in a practical frame of mind and are concerned about how to do something.

Taurus April 21 - May 21
You will be productive at work today because it's easy to concentrate. Furthermore, you want practical results from your hard work.

Gemini May 22 - June 21
Discussions about the practicalities of a social event, a vacation or making plans for parties and fun diversions will yield results today. It's a good day to teach children.

Cancer June 22 - July 23
You might talk to a parent or an authority figure in your family today about doing something that needs to be done at home. Listen to the advice of others.

Leo July 24 - Aug. 23
You have an orderly state of mind today, which makes it easy to make long-range plans for the future. You will give careful consideration to everything you do.

Virgo Aug. 24 - Sept. 23
You will be careful about your finances today and how you handle money. If shopping, you will want to buy only long-lasting, practical items.

Libra Sept. 24 - Oct. 23
Today the Sun is in your sign dancing with stern Saturn. This favors hard work and doing anything that will help you to be better organized. Dig right in!

Scorpio Oct. 24 - Nov. 22
Research of any kind will go well today because you won't overlook details. You are willing to accept your duty and defer today's pleasure for tomorrow's results.

Sagittarius Nov. 23 - Dec. 21
An older friend or someone in a group might have wise advice for you today. Listen to what is offered, because it could benefit you.

Capricorn Dec. 22 - Jan. 20
You will impress bosses, parents and VIPs because you are conscientious, hardworking and results-oriented.

Aquarius Jan. 21 - Feb. 19
You might meet a guru-like figure today or a teacher or professor who has wise advice for you. Possibly, you will play the role of adviser for someone else.

Pisces Feb. 20 - March 20
Discussions about shared property, inheritances and financial matters will be productive. You are not in a frivolous frame of mind. In fact, it's quite the opposite — you want to wrap up practical matters.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

8		4		6	1			5
	6						2	
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5			3	6				
9								8
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6								
	7						9	
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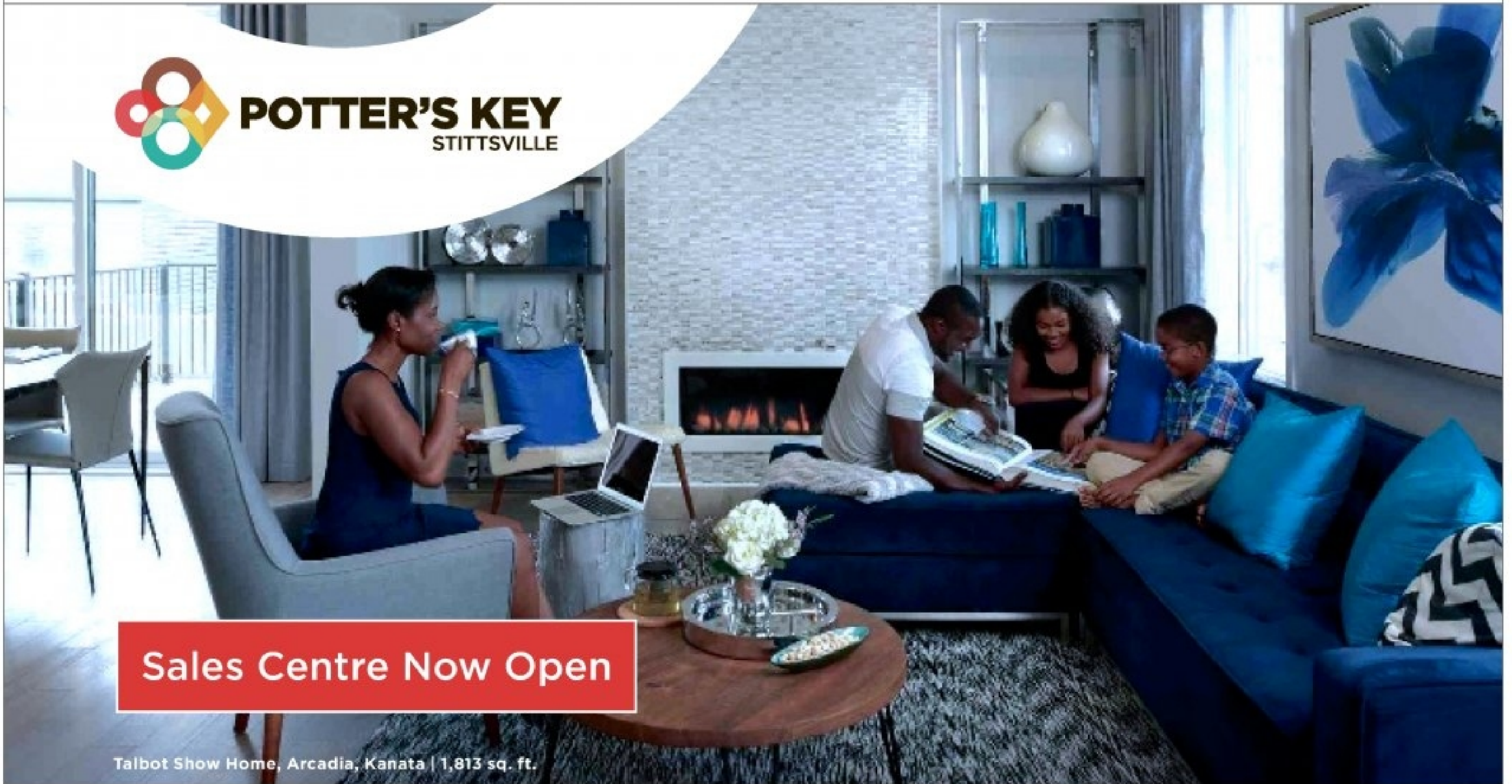
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